



“THE BIRTHPLACE OF THE STATE OF NEW YORK”  
OFFICE OF THE MAYOR

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**FOR IMMEDIATE RELEASE:**

April 1, 2013

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**TAI CHI INSTRUCTION**

The City of White Plains Recreation & Parks Department invites you to join a low impact, beginner Tai Chi class. This ancient form of exercise will help you maintain your balance, flexibility, strength, and coordination. The class will be taught in the Chang style, which has as its goal the achievement of harmony of the body, mind, and spirit. The slow rhythmic movements also tone muscles and improve overall fitness and endurance. In addition, Tai Chi has been shown to be very beneficial in stress reduction and mind relaxation.

The class begins on Monday, April 15<sup>th</sup> and runs through Monday, June 10<sup>th</sup> (no class on May 27<sup>th</sup>) at the Community Center, 65 Mitchell Place from 7-8 PM. Participants must be 18 years or older. The program fee is \$104 for residents and \$128 for non-residents.

Registration is ongoing at the White Plains Recreation & Parks Office, 85 Gedney Way.

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